

Cooper Clayton Method to Stop Smoking Facilitator Training

Program Description

Participants will be trained to facilitate the Cooper/Clayton program, a comprehensive behavioral smoking-cessation program for smokers using nicotine replacement products. Approved for CEUs.

Cost

- This training is provided at **No Cost**.
- Participants who plan to facilitate classes need to purchase a *Facilitator Kit* consisting of a DVD, 2 module training DVD, Facilitator Guide and 24 participant books (VHS tape available on special request).
- Kits are available for \$200 each.
- Checks should be payable to: Kentucky Cancer Program. Purchase orders will be accepted. No credit cards.

Target Audience

- Any health or wellness professional, educator, or non-smoker who has a genuine interest in helping people become non-smokers is welcome.
- In order to become a Cooper/Clayton Facilitator, you must:
 - * be a non-smoker for at least six months
 - * complete the Cooper/Clayton Facilitator Training

Objectives

1. Describe the characteristics of mood altering drugs.
2. Describe the principal actions of nicotine on the body.
3. Describe a mechanism for the use of alternate nicotine sources in smoking cessation.
4. Describe a process for nicotine reduction therapy.
5. Describe ways to assist the smoker in relapse prevention.
6. Discuss strategies for starting, organizing, and facilitating a class.

Agenda for Thursday, September 28th, 2006

(Eastern Time)

9:00 – 9:30 am	Registration/Welcome
9:30 – 1:00 pm	Nicotine Replacement
1:00 – 1:45 pm	Lunch (On Your Own)
1:45 – 3:20 pm	Facilitating Classes in Your Community
3:20 – 3:30 pm	Awarding Facilitator Certification

Presenters

- Thomas M. Cooper, DDS, was a heavy cigarette smoker for 36 years.
- Andrea Tapia, MEd, is a Kentucky Cancer Program Regional Cancer Control Specialist

Location and Directions

Woodford County Library
115 N. Main Street
Versailles, KY 40383
(859) 873-5191

From Lexington: VERSAILLES RD / US-60. Continue to follow US-60 W. Turn RIGHT onto US-60 BR / US-62/N MAIN ST. End at **Woodford County Library**

From Louisville: I-64 E – Take US-60 exit (EXIT 58) toward FRANKFORT. Merge onto US-60 E toward VERSAILLES. Turn SLIGHT RIGHT onto US-62 W / US-60 BR S / FRANKFORT RD. Continue to follow US-62 W / US-60 BR S. End at **Woodford County Library**.

For more information contact:
Kentucky Cancer Program
Lexington, KY
(859) 219-0772 ext.251

Registration Form:

Registration Deadline is September 25th, 2006

Name: _____

Phone: _____

Address: _____

Fax: _____

E-mail: _____

Employer: _____

_____ # of facilitator kits you would like to purchase (\$200 each)

Mail, Fax or E-mail to: Kentucky Cancer Program
2365 Harrodsburg Rd., Suite B100
Lexington, KY 40504

Fax: (859) 219-0548
E-mail: andrea@kcp.uky.edu